

Vacation College Class Catalog 2024

Long Morning Classes: 8:30 – 11:00 AM

Card Games and Music from Around the World

Instructor: Jackie Lordo
Class Type: lecture/activity
Level of Physical Activity: N/A
Skill Level: all levels welcome

Come travel the world with us to India, Poland, Tonga, and Brazil. Each day the class will learn a card game from one of the countries. Then, Dr. Lordo will give a short lecture on musical styles from the country. Experience part of the culture from each of these countries through card games and music. Students will be provided with a copy of the rules for each game, so the fun can continue at home.

Dr. Jackie Lordo
Associate Professor of Music



Dr. Lordo is an associate professor of music at Cottey College. She teaches brass lessons, music history, pedagogy, and basic conducting in addition to her duties as director of Wind Ensemble. She is a proud member of the P.E.O. Sisterhood and several professional music organizations.

Memory, Commemoration, Preservation

Instructor: Sarah Polo
Class Type: lecture/discussion
Level of Physical Activity: N/A
Skill Level: all levels welcome

Diaries. Photographs. Museum exhibits. Scrapbooks. Even Facebook memories. These are just some of the many objects, writings, and spaces we create and engage with to record and remember the past. But where did these practices come from? How have they evolved? How do they create meaning? What can they tell us about ourselves? This class will explore these questions. Together, we will consider examples (fun and serious), engage in discussions, and learn more about the rhetoric shaping memory, commemoration, and preservation. At the end of the course, participants will create a plan for making their own small-scale memory project, a plan they can take home and implement to help preserve their own experiences and those of the people they love!

Dr. Sarah Polo*Assistant Professor of English*

Dr. Sarah E. Polo is an Assistant Professor of English in Cotter College's English Department. She joined Cotter in 2019 and teaches a variety of writing courses such as composition, professional writing, digital rhetoric, and archival research. She also coordinates Cotter's First-Year Writing Seminar program. Her research appears in scholarly journals such as *Peitho* and *The Journal of Multimodal Composition* and various edited collections.

Glorious Technicolor Musicals

Instructor: Trisha Stubblefield
Class Type: presentation/discussion
Level of Physical Activity: N/A
Skill Level: N/A

Experience the magic of technicolor as we study four musicals: *Cover Girl* (1944), *Meet Me in St. Louis* (1944), *Gentleman Prefer Blondes* (1953), and *The Umbrellas of Cherbourg* (1964). We will watch and discuss these films in terms of their innovations, popularity, and cultural context. Be prepared to feast your eyes-and your ears! - on the glorious technicolor films!


Dr. Trisha Stubblefield*Professor of English*


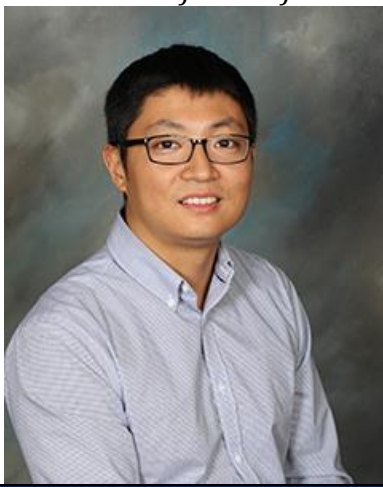
Dr. Trisha Stubblefield, Professor of English, and Harmon Professor of English, received her B.A. (English) and B.M. (music history) from Converse College, a women's college in South Carolina, and her M.A. and Ph.D. (2001) from the University of South Carolina. Dr. Stubblefield serves as Coordinator of the English Department and is the recipient of several teaching awards. She teaches courses on women writers, 20th-century American literature, Ecofeminism, and P.E.O. history. Dr. Stubblefield is the sponsor of Cotter College's Sigma Tau Delta, International English honor society chapter, and she is a member of P.E.O. Chapter ND, Missouri.


Leadership Quest: Navigating Purpose, Passion, and Impact

Instructor: Tammy Ogren
Class Type: discussion/activity
Level of Physical Activity: low activity
Skill Level: N/A

Embark on a transformative journey in this dynamic course, designed for leaders of all ages to unearth their true purpose, align their passions, and make a meaningful impact in both their professional and personal spheres. Unlock the secrets to purpose-driven leadership as we delve into introspective exercises, thought-provoking discussions, and practical strategies. Discover the unique

	<p>intersection of your strengths, values, and aspirations, and learn how to leverage them to lead with authenticity and clarity. Whether you're a seasoned leader seeking a renewed sense of purpose, an emerging leader eager to build a foundation for success, or seeking a renewed sense of purpose, an emerging leader eager to build a foundation for success, or seeking leadership in retirement, "Leadership Quest" offers a comprehensive toolkit to help you lead with purpose, ignite your passion, and leave a lasting impact on both your professional and personal spheres. Join us and embark on a transformative quest towards becoming a purpose-driven leader.</p>
<p>Dr. Tammy Ogren Associate Professor of Business- Management</p> 	<p>Dr. Tammy Ogren, Ph.D. Business Administration, specialist Industrial/Organizational Psychology also holds an M.B.A. and a B.A. Management in Human Relations. Dr. Ogren teaches business courses at Cottey. She has served in executive leadership roles as well as started, owned, and sold a variety of businesses in her 30+ years of leading and growing companies. In addition, she has successfully mentored many business owners in turning their passion, skills, or expertise into a life that fits their personal values and vision. Her hobbies include riding a Harley, traveling, quilting, reading, and crafting.</p>
Creative Narratives	
<p>Instructor: Tatiana Jones Class Type: discussion Level of Physical Activity: N/A Skill Level: all levels welcome</p>	<p>Explore fine art and music in the library! Ever considered, how political correctness sabotages art or what it takes to be a composer under totalitarian regime? Join us and discover the stories behind the creatives. The fun or struggles they faced to construct their masterpieces. Participants will also share their own stories behind a few of their favorite creative pieces.</p>
<p>Tatiana Jones Library Technician/Cataloger</p>	<p>Tatiana was born in Volgograd (former Stalingrad), Russia. She moved to the USA in 1999. In 2008, she joined the Cottey College team in Ross Memorial Library and her main responsibility is cataloging. Tatiana became a P.E.O. in 2016. She has enjoyed teaching</p>

	Vacation College classes for the last several years.
Mahjong Class for Beginners	
<p>Instructor: Wei Cui Class Type: discussion/activity Level of Physical Activity: low activity Skill Level: all levels welcome</p>	A game of skill played by four people with domino-like tiles, Mahjong requires cooperation and strategy. In this class, students will learn how to play the popular game and will learn the opening moves, the middle strategies, and the endgame. Stories, histories, and explanations will be introduced. It is said that the clacking of Mahjong tiles during shuffling resembles the twittering of sparrows, so come and hear it for yourself! No Mahjong experience is necessary.
<p>Wei Cui <i>Associate Professor of Mathematics</i></p> 	Dr. Wei Cui studied at Guizhou University in China and Gavale University College in Sweden and he came to Cottey College in 2016 after teaching at the University of Alabama. Wei teaches college algebra, pre-calculus, calculus sequences, and differential equations. Wei's research lies in financial math and its applications. Financial math is a field of applied math that is concerned with solving the problems in finance with mathematical models.
Beehive Chive	
<p>Instructor: Caroline Phillips Class Type: studio/activity Level of Physical Activity: low to moderate activity Skill Level: all levels welcome</p>	A single honeybee is just a bug but put a few thousand of these girls together and they become a democratic community using the flora in their micro-environment to create amazing products, such as honey, wax, and propolis. Using these raw products and tossing in a few others, we will make fun and

	useful items to take home and share with friends. Including the ever-popular Itch Sticks and Egyptian Magic, but also with a couple of new products that you are sure to enjoy!
<p>Caroline Phillips Procurement/Risk Management Agent</p> 	<p>Caroline Phillips began beekeeping to add value to her family's farm thirteen years ago. The number of hives she keeps fluctuates yearly but is typically four hives. She has been mentored by Master Beekeepers Gene and Dale Foley from the Joplin, Missouri area. With Dale's encouragement and the aid of some other local enthusiasts, she spearheaded the creation of the Western Missouri Beekeepers' Association in Nevada. Caroline has hosted many area workshops and mentors individuals throughout the year. She began working at Cottey in 2019 to support her beekeeping habit and serves as the purchasing/risk management agent for the business office.</p>

Native Americans and Cinema

<p>Instructor: Sarah Quick Class Type: presentation/lecture/discussion Level of Physical Activity: N/A Skill Level: N/A</p>	<p>This course will consider the history and evolution of cinema in relation to Native Americans as subject matter. We will watch film excerpts and choose one full feature to critically consider for class discussions.</p>
<p>Dr. Sarah Quick Associate Professor of Anthropology</p> 	<p>Dr. Sarah Quick is a sociocultural anthropologist and an ethnomusicologist who primarily studies contemporary heritage performance by Indigenous peoples in North America. She also studies food as a springboard for heritage interests and social-environmental change. Besides anthropology, Sarah teaches first-year writing, Environmental Studies courses, and Qualitative Research Methods. Sarah is interested in music and dance, ethnographic film, gender studies, heirloom seed-saving, sustainable farming, and community gardening.</p>

Black Panther: Africa in a Nutshell

<p>Instructor: Mary Mba</p>	<p>Is it possible to explore Africa in just four days and learn about its grandeur? This class will</p>
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Class Type: presentation/lecture/discussion Level of Physical Activity: N/A Skill Level: N/A	do just that through the Marvel Studio movie, <i>Black Panther</i> . There will be an opportunity to watch the film on the first evening of the event and in the following class days, we will learn about the continent of Africa while reviewing the narrative tale within. The movie will serve as a springboard to study Africa – the geography, history, cultures, people, fashions, animals, architecture, history, and the future. There will be lots of activities, so come with us on this fun exploration of amazing Africa!
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Dr. Mary Mba


Associate Professor of French and Francophone



Dr. Mary Mba is an associate professor of French and her teaching interests include French and Francophone Studies, Women and Gender Studies, African Studies, and Film Studies. She participates in many clubs and organizations and is the sponsor and advisor of the French club. Mary loves organizing cultural events and presenting Francophone/African cultures such as dances, songs, fashion, food, proverbs, riddles, poetry, and folktales at parties, school events, conferences, and city libraries.

Pickleball Mania for Beginners

Instructor: Ganga Fernando Class Type: studio/activity Level of Physical Activity: moderate activity Skill Level: beginners encouraged	Have you ever had an interest in tennis, but feared that fierce overhand serve and extra strain on your knees? Well, look no further because Pickleball provides everything that tennis does and MORE. It's played on a similar court either in or outdoors, easier on the knees, has a bowling like stroke, and incorporates music on the sidelines! It's frantic, loud, and FUN! So, come and bring your tennis, get some exercise, and get ready to party on the court with this very social and team-vision sport! Come learn the basics and play a mock tournament by day 4!
Dr. Ganga Fernando <i>Professor of Chemistry</i>	Dr. Ganga Fernando grew up in the island of Sri Lanka and graduated with a Chemistry honors degree before moving to Texas for higher studies. She moved to Illinois and graduated with her Ph.D. in Analytical Chemistry, specializing in proteomic mass spectrometry from Southern Illinois University, Carbondale. She joined Cottey in 2008 as a faculty member of the Chemistry department. She is an advocate for

	<p>women in STEM, especially in analytical chemistry undergraduate research. Her family is very active in the local YMCA and participates in many sports in their free time including pickleball.</p>
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Van Gogh Pet Portraits

<p>Instructor: Linda Wheat Class Type: studio/discussion/activity Level of Physical Activity: low activity Skill Level: all levels welcome</p>	<p>Paint your pet within the Van Gogh masterpiece of your choice. Step by simple step you'll be guided to create a portrait "masterpiece" featuring your beloved pet. A photo you provide of your pet will be digitally placed within your chosen Van Gogh painting. To begin, that combined image will be cropped to your liking then printed on paper the size of your canvas. You will transfer the image onto your canvas (which you've previously toned with a wash of your painting's dominant color). You'll also have toned a canvas board for play-practice of those signature Van Gogh paint strokes. Let the fun of painting begin! To help, there'll be guided lessons along the way, expert help with color questions and the ideal acrylic paint, mediums & brushes for success. Come create a treasured memory!</p> <p>Provided is a coffee/tea bar for a relaxing break. You are welcome to bring your cup.</p> <p>Here's a link to video of my young students' pet portraits: Pets photo bomb VAnGogh paintings - Spring Art Show 2023 1080p - YouTube</p>
<p>Linda Wheat <i>Cottey Alumna, Class of '69</i></p>	<p>Linda Wheat is a Cottey alumna, class of '69. After Cottey, Linda traveled the world as a corporate fashion buyer for DHHolmes, a chain of Gulf coast department stores. She was awarded 4 times 'Buyer of the Year'. At Holmes, she met and married the father of her children who remained a life-long friend. In</p>





the 1980's she, her mother and brother opened Wheaty's, a casual restaurant in New Orleans specializing in their famous hometown Natchitoches Meat Pies. It became a small chain of 3 locations. That successful but exhausting venture developed into a wholesale operation. A 45 yr. tradition, the family gathers to sell Mrs. Wheat's Meat Pies at New Orleans JazzFest food booth every spring. (Come see us!) During this time Linda furthered her art education at New Orleans Art Academy where she was honored with the Ozols prize and finally completed her BFA in Painting with Goddard College in Vermont. Her paintings have been widely exhibited and collected. In the mid '90s Linda opened "Artspirit Studio" employing several artists, engaging in large scale interior murals and decorative finishes in hospitals, casinos, restaurants, and fine homes. Then Hurricane Katrina landed her in Tyler, Texas (future grandchildren!) where she began her adventures as an art teacher, for 10 years All Saints Episcopal School and since 2017, her own Tyler Art School with current enrollment of 92 aspiring artists young and old! Linda is forever grateful to Cottey for personal growth, leadership skills and the treasure of friendships lasting a lifetime.

Short Morning Classes: 8:30 – 9:45 AM

Dance Workout


<p>Instructor: Emma Gurien Class Type: studio/activity Level of Physical Activity: low to moderate activity Skill Level: all levels welcome</p>	<p>This class will consist of a Zumba-like environment where participants will be performing dance-related movements that will serve as a workout. Participants should be prepared for moderate intensity, but some moves can be simplified as well if needed.</p>
<p><i>Emma Gurien</i> <i>Head Cheerleading & Dance</i> <i>Coach/Enrollment Counselor</i></p>	<p>Emma Gurien joined the Cottey staff in August 2023. She grew up in a smaller town than Nevada, Troy, TN, if you can believe it! Emma got her undergraduate degree in Psychology at the University of Memphis and her Masters in Sport and Exercise Psychology from Springfield College in Springfield, MA. She has 15 years of competitive cheerleading experience among many other sports. Emma has always been an</p>


		<p>active body whether it's in the gym, doing yoga, dancing recreationally, or walking her dog at parks. Emma's classes welcome all levels of fitness, and moves can be modified if necessary. She looks forward to having fun with y'all!</p>
Walk Around Nevada		
<p> Instructor: Rose Howell Class Type: discussion/activity Level of Physical Activity: moderate to vigorous activity Skill Level: all levels welcome </p>		<p>Get your steps in at the start of the day! This group will walk roughly 2 miles around the parks/routes near campus. All participants are welcome to walk at their own pace and shorten or extend their distance as preferred.</p>
<p> Rose Howell <i>Head Cross Country/Track Coach</i> </p> 		<p>Rose Howell brings a wealth of coaching experiences to Cottey. She received her bachelor's in business administration from Nova Southeastern University and a master's in business concentration in Management and Leadership from the University of La Verne. Prior to coming to Cottey, Rose coached both men's and women's cross country and track teams at her alma mater, Nova Southeastern University. Before returning to her alma mater, she coached at Purdue University Northwest and the University of La Verne.</p>
Glitter, Glitter Everywhere!		
<p> Instructor: Randi Turk Class Type: studio/activity Level of Physical Activity: N/A Skill Level: all levels welcome </p>		<p>Using fine art glitter from Barb Trombley's Art Glitter Institute, we will create greeting cards, gift bags, gift tags, butterfly magnets and more! Barb (Cottey class of 1970) has a beautiful art glitter butterfly in the Center for Women's Leadership that you must see while on campus. This class will make you sparkle with joy while creating beautiful gifts for your family and friends.</p>
<p> Randi Turk <i>President of CCAA Board, Class of '68</i> </p>		<p>Randi LeGendre Turk is a Cottey alumna, class of '68, and a third generation Arizonan and a third generation P.E.O. After Cottey, Randi traveled the world on World Campus Afloat, now Semester at Sea, then finished her bachelor's degree in history with a minor in art at the University of New Mexico. She obtained her master's degree in secondary education at</p>

	<p>Northern Arizona University in Flagstaff. While in New Mexico, she met and married Tom. They have two children and one grandson, and in retirement they enjoy traveling the world. In 2023, Randi was the chair of Arizona State P.E.O. Convention, and currently serves on one of the committees for the International P.E.O. convention to be held in Phoenix in 2025.</p>
Strike a Pose	
<p>Instructor: Chandler Taul Class Type: studio/activity Level of Physical Activity: moderate activity Skill Level: all levels welcome</p>	<p>Vinyasa is a type of yoga class that is arranged in a way that creates a flow of a variety of poses using the breath to move through each. This will be a beginner's class with modifications and challenges that are appropriate for your body, mind, breath, and spirit.</p>
<p>Chandler Taul <i>Enrollment Counselor</i></p> 	<p>Chandler Taul is a Cottey College alumna who joined Cottey's enrollment team in August 2023. She studied Spanish and Psychology at Eastern Kentucky University and at Cottey. Chandler became a certified yoga instructor in 2017 and has taught classes at yoga studios, gyms, to student athletes and even at an Irish Pub. She teaches beginner's yoga and welcomes all levels with modifications to ensure comfort and safety as well as opportunities for poses that may challenge you. Chandler encourages her students to keep an open mind and always do what feels good, whether you practice regularly or it's your first time. She enjoys helping others feel comfortable and confident in their own skin. Chandler loves to have fun and meet new people. She looks forward to seeing you in class!</p>


Short Morning Classes: 10:00 – 11:15 AM	
Learn to Juggle	
<p>Instructor: Claire Mills Class Type: studio/activity Level of Physical Activity: low activity</p>	<p>Students will create their own set of three juggling balls and then learn how to juggle (a basic cascade). Students who already know</p>

<p>Skill Level: all levels welcome</p>	<p>how to juggle will learn additional tricks, just as reverse cascade, or column-style juggling.</p>
<p>Claire Mills <i>Associate Professor of Philosophy</i></p> 	<p>Dr. Claire Mills is among our newest faculty, joining Cottey College's Philosophy Department in 2023. She earned her BA at Kalamazoo College before completing her Masters and PhD in Philosophy from the University of Georgia in 2022, defending a thesis on livestock rights. Her research interests are in the areas of political philosophy, writing pedagogy, and ethics. In her spare time she enjoys playing roller derby, as captain of the Kansas City Roller Warriors.</p>
<p>AI Unveiled: A Journey into the Future of Technology</p>	
<p>Instructor: Randon Coffey Class Type: lecture/discussion Level of Physical Activity: low activity Skill Level: all levels welcome</p>	<p>We will embark on an enlightening exploration of the dynamic realm of artificial intelligence. In this class, we will dive deep into the fundamental principles of AI, including machine learning and natural language processing. We'll uncover the practical applications of AI in a variety of industries and in our daily lives. By the end of the course, you'll not only have a firm grasp of AI's basics but also the knowledge to integrate AI into your daily routines and appreciate the profound influence it's set to have on the future of technology. So, come join us in this exciting journey and let's unveil the future of technology together!</p>
<p>Randon Coffey <i>Vice President for Communication and Strategic Initiatives</i></p> 	<p>Randon Coffey stands as a leader in higher education marketing and strategic communication. After graduating with both undergraduate and graduate degrees in Business Management from Missouri Southern State University, he has meticulously crafted a trajectory underscored by excellence and visionary leadership. His professional odyssey is punctuated by impactful roles at esteemed institutions, notably pivotal contributions at the University of Nebraska – Lincoln, Missouri Southern State University, and the Kansas City Chiefs. Randon brings an unwavering commitment to excellence, and his innovative approach</p>

	works to develop and enhance organizational marketing and communication. Beyond his professional achievements, he ardently champions community engagement and personifying genuine leadership.
Beginning Archery	
Instructors: Maryann Mitts & Sarah Trout Class Type: lecture/activity Level of Physical Activity: low activity Skill Level: beginners encouraged	Have fun while learning the basics of Archery. Participants will target shoot as well as play several exciting and challenging games. This class was a favorite amongst visitors last summer!
Dr. Maryann Mitts <i>Athletic Director and Head Basketball Coach</i> 	<p>Dr. Maryann Mitts is the Director of Athletics and Head Basketball Coach at Cotter, while also serving as an adjunct professor for the college.</p> <p>Dr. Mitts earned a PhD in Kinesiology from the University of Arkansas, master degrees in Pastoral Theology from the University of Loyola-New Orleans and High Education Administration from the University of Missouri-Kansas City, and a Bachelor's Degree in Secondary Education from Rockhurst University.</p> <p>She is certified in Basic Archery Instruction (BAI) and taught introductory archery classes at vacation college last summer. She has experience organizing state-wide archery competitions while a faculty member at Missouri Southern State University. A highly requested public speaker, Dr. Mitts has presented at local, regional, and national conferences on topics such as leadership, building corporate teams, sport and spirituality, and open book management concepts in higher education.</p>
Festivals in Latin America	
Instructors: Jorge Dioses Class Type: lecture Level of Physical Activity: N/A Skill Level: N/A	The cultural and ethnic diversity of Latin America is reflected in its various festivals and celebrations. The Indigenous European, and African influences are combined to create vibrant and colorful popular festivals throughout the region. Some of the most

	popular ones are the Carnival of Rio, the Day of the Dead, Holy Week, and the Inti Raymi. In this class we will talk about the most representative festivities of the region, but we also have a chance to talk about some lesser-known festivals.
Dr. Jorge Diones <i>Associate Professor of Mathematics</i> 	Dr. Jorge Diones was born in Lima, Peru. He earned a B.S. in mathematics at Pontifical Catholic University of Peru and a Ph.D. in mathematics at Oklahoma State University. He has been teaching at Cottey College since 2012. He has taught every math course offered at Cottey: college algebra, statistics, calculus 1-3, differential equations. His main academic interest is number theory, and he is a member of the Mathematical Association of America and the American Mathematical Society.

Crazy for Daisies

Instructor: Randi Turk Class Type: studio/activity Level of Physical Activity: N/A Skill Level: all levels welcome	Everyone can paint a beautiful daisy! The first day we will learn the techniques of painting a daisy that will amaze you and your friends! Then we will paint daisies on gift items you may share with your P.E.O. or Cottey sisters, or since they are so beautiful, you will want to keep them for yourself. All items will be easy to tuck in a suitcase for travel.
Randi Turk <i>President of CCAA Board, Class of '68</i> 	Randi LeGendre Turk is a Cottey alumna, class of '68, and a third generation Arizonan and a third generation P.E.O. After Cottey, Randi traveled the world on World Campus Afloat, now Semester at Sea, then finished her bachelor's degree in history with a minor in art at the University of New Mexico. She obtained her master's degree in secondary education at Northern Arizona University in Flagstaff. While in New Mexico, she met and married Tom. They have two children and one grandson, and in retirement they enjoy traveling the world. In 2023, Randi was the chair of Arizona State P.E.O. Convention, and currently serves on one of the committees for the International P.E.O. convention to be held in Phoenix in 2025.

Long Afternoon Classes 1:00-3:30 PM

All About Canasta!

Instructor: Allison Fast
Class Type: discussion/activity
Level of Physical Activity: N/A
Skill Level: all levels welcome

Participants will learn about the origin of the card game, Canasta, and how to play. The first 2 afternoons are dedicated to learning the rules and understanding strategies with lots of open discussion. The last 2 afternoons are for playing actual games with guidance, as needed, from the instructor. This class requires multiples of 4 participants. Teams are drawn randomly each day.

Allison Fast
IT Support Specialist



Allison has been working in IT at Cottey for over 5 years. As an alumna, former CCAA board member, and Nevada resident, she has remained close to Cottey through the years. Her background in Information Technology proved to be a great fit when Cottey started searching for a Support Specialist. She is a long-time member of the American Association of University Women, an organization nationally prominent in advocacy for women and girls. She meets weekly with a card group of six as schedules allow. She is eager to share her experiences with others who are looking for a relatively easy card game to learn or re-learn and potentially inspire them starting a card group of their own.

Ethical Art: Museums and Historical Truths

Instructor: Jodi Ahmedou
Class Type: lecture/discussion/activity
Level of Physical Activity: low to moderate activity
Skill Level: N/A

While most people understand that objects inside museums have important cultural, ideological, economic, and art historical value, they don't always recognize the role of these institutions to shape and reinforce such values. The class aims to help you think more critically about the broader implications of art museums and to better understand their integral relation to the study and practice of art history. It is my hope that we learn to understand how to visit museums (both art and non-art) in general. As a class we will visit local museums in Nevada and Fort Scott.

Jodi Ahmedou
International Education Coordinator

Jodi Ahmedou has spent the past year and some change immersing herself in the vibrant community at Cottey College. Originally hailing from Cincinnati, Ohio, her journey has taken her far and wide, allowing her to explore and appreciate diverse cultures around the world.



One of Jodi's greatest passions is exploring museums, where she finds immense joy in delving into the rich tapestry of human history and creativity. Whether it's art, history, or science, she believes that museums are portals to understanding the depth and beauty of various cultures. This interest has fueled her continuous pursuit of knowledge, and she's a firm believer in the transformative power of learning and embracing new perspectives. Jodi looks forward to the continued exploration of knowledge and experiences during her time here at Cottley, with Vacation College students and beyond.

Taylor Swift 101

Instructor: Trisha Stubblefield
Class Type: discussion
Level of Physical Activity: N/A
Skill Level: N/A

Do you have a "Swiftie" in your life who can't seem to stop talking about Taylor Swift and listening to her music? Do you want to better understand and communicate with that person? Are you intrigued by Swiftmania? Do you wonder why she has become a world-wide phenomenon (and a billionaire!)? Are you a Swiftie already? Do you want to be? If so, this class is for you! We will discuss Taylor Swift's life, career, and music, with a special focus on her lyrics. The recipient of numerous songwriting awards, Swift is a master lyricist. Writing lyrics is not only her "favorite part of songwriting," but her lyrics are what draws so many listeners to her work and what has built a community of people around the world who make sense of their own lives through her poetry. We will put Swift's work in conversation with classic literary artists such as William Shakespeare, F. Scott Fitzgerald, Zelda Fitzgerald, Anne Sexton, Sylvia Plath, William Wordsworth, Emily Dickinson, and others to better understand her craft and the literary tradition that inspires her art. And, yes, there will be friendship bracelets!

Dr. Trisha Stubblefield
Professor of English



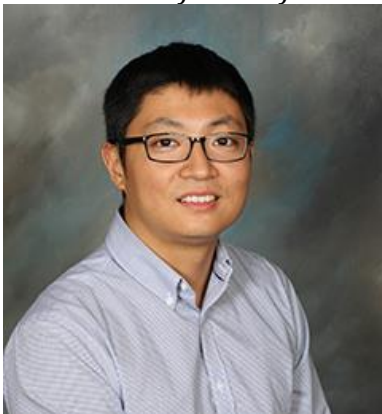
Dr. Trisha Stubblefield, Professor of English and Harmon Professor of English, received her B.A. (English) and B.M. (music history) from Converse College, a women's college in South Carolina, and her M.A. and Ph.D. (2001) from the University of South Carolina. Dr. Stubblefield serves as Coordinator of the English Department and is the recipient of several teaching awards. She teaches courses on women writers, 20th-century American literature, Ecofeminism, and P.E.O. history. Dr. Stubblefield is the sponsor of Cottey College's Sigma Tau Delta, International English honor society chapter, and she is a member of P.E.O. Chapter ND, Missouri.

Mahjong Class for Advanced Players

Instructor: Wei Cui
Class Type: discussion/activity
Level of Physical Activity: low activity
Skill Level: some experience requested

Do you have a basic knowledge of Mahjong and would you like to learn more and become a good player? If so, this is a class for you! In this class, you will learn a variety of skills and strategies that will help you maximize the chance of winning the game. For example, you will learn what kind of tiles you should discard so other players won't get a winning tile.

Wei Cui
Associate Professor of Mathematics



Dr. Cui studied at Guizhou University in China and Gavale University College in Sweden, and he came to Cottey College in 2016 after teaching at the University of Alabama. Wei teaches college algebra, pre-calculus, calculus sequences, and differential equations. Wei's research lies in financial math and its applications. Financial math is a field of applied math that is concerned with solving the problems in finance with mathematical models.

Express Yourself: Collage Journaling

Instructor: Tracey Kelso
Class Type: studio/activity
Level of Physical Activity: low activity
Skill Level: all levels welcome

Have you always wanted to start journaling but get caught up on where to start? Come learn a fun way to express yourself without any pressure using mixed media collage journaling including paper dyeing and stamping. Overcome perfectionism and learn to be comfortable with the creative process of making your own journal!

Tracey Kelso*Development Coordinator*

Tracey Kelso is the Development Coordinator for the Office of Institutional Advancement (IA). She joined the IA team in the summer of 2023. Tracey brings many gifts to the table, including an appreciation for all things papercraft. An avid journaler, Tracey is looking forward to helping you embrace your inner creativity with enthusiasm.

Old Time Dancing on the Northern Prairies**Instructor:** Sarah Quick**Class Type:**

presentation/discussion/activity

Level of Physical Activity: moderate to vigorous activity**Skill Level:** beginners encouraged

This dance class teaches several of the dances you would find in Old Time dance settings on the prairies in the past and still today. Between learning the dances, we will also consider the historical origins, spread, and evolution of these social dances. The instructor will teach and accompany the students on fiddle based on her fieldwork experiences in Old Time dance settings primarily in Western Canada.

Dr. Sarah Quick*Associate Professor of Anthropology*

Dr. Sarah Quick is a sociocultural anthropologist and an ethnomusicologist who primarily studies contemporary heritage performance by Indigenous peoples in North America. She also studies food as a springboard for heritage interests and social-environmental change. Besides anthropology, Sarah teaches first-year writing, Environmental Studies courses, and Qualitative Research Methods. Sarah is interested in music and dance, ethnographic film, gender studies, heirloom seed-saving, sustainable farming, and community gardening.

French Baking**Instructor:** Mary Mba**Class Type:** lecture/discussion/activity**Level of Physical Activity:** low activity**Skill Level:** beginners encouraged

Ever wanted to master making a macaron or a madeleine? These French pastries are incredibly delicious but feel entirely impossible to make. That was, until now! Learn to make these two classic picture-perfect pastries at home from scratch.

Dr. Mary Mba

Associate Professor of French and Francophone



Dr. Mary Mba is an associate professor of French and her teaching interests include French and Francophone Studies, Women and Gender Studies, African Studies, and Film Studies. She participates in many clubs and organizations and is the sponsor and advisor of the French club. Mary loves organizing cultural events and presenting Francophone/African cultures such as dances, songs, fashion, food, proverbs, riddles, poetry, and folktales at parties, school events, conferences, and city libraries.

Pickleball Mania for Beginners (Session 2)

Instructor: Ganga Fernando

Class Type: studio/activity

Level of Physical Activity: moderate activity

Skill Level: beginners encouraged

Have you ever had an interest in tennis, but feared that fierce overhand serve and extra strain on your knees? Well, look no further because Pickleball provides everything that tennis does and MORE. It's played on a similar court either in or outdoors, easier on the knees, has a bowling like stroke, and incorporates music on the sidelines! It's frantic, loud, and FUN! So, come and bring your tennis, get some exercise, and get ready to party on the court with this very social and team-vision sport! Come learn the basics and play a mock tournament by day 4!

Dr. Ganga Fernando

Professor of Chemistry



Dr. Ganga Fernando grew up in the island of Sri Lanka and graduated with a Chemistry honors degree before moving to Texas for higher studies. She moved to Illinois and graduated with her Ph.D. in Analytical Chemistry, specializing in proteomic mass spectrometry from Southern Illinois University, Carbondale. She joined Cottey in 2008 as a faculty member of the Chemistry department. She is an advocate for women in STEM, especially in analytical chemistry undergraduate research. Her family is very active in the local YMCA and participates in many sports in their free time including pickleball.

Short Afternoon Classes A: 1:00 – 2:15 PM

Be a Successful Tourist in Italy

<p>Instructor: Bill Stanfill Class Type: lecture Level of Physical Activity: N/A Skill Level: all levels welcome</p>	<p>This class will offer suggestions for preparing, arriving, navigating, and being safe in Italy as a tourist. We'll cover some basic language needs as well as an overview of northern Italy popular locations.</p>
<p>Bill Stanfill <i>Registrar</i></p> 	<p>After serving in the U.S. Air Force for 26 years, Bill began teaching at the post-secondary level, primarily in technical schools. He held Associate Dean and Academic Chair positions before becoming a registrar and academic scheduler. Most recently he was the campus director of a career school in Jackson, MS. Bill has a B.S. in Physics from the University of Kentucky and an M.A. in Procurement Management from Webster College. He and his wife Colleen have two sons, one daughter, and three grandchildren. Bill took Italian lessons for 14 years and has visited Italy seven times. He loves cooking Italian foods and favors Chianti and Nebbiolo wines.</p>
<h3>Make Your Own Drums and More!</h3>	
<p>Instructor: Jackie Lordo Class Type: studio/activity Level of Physical Activity: N/A Skill Level: all levels welcome</p>	<p>Have you ever wondered how drums and other instruments are made? We will learn to make rattles, drums, rain sticks, den-den daiko (pellet drum), and a rubber band banjo. All instruments will be made primarily from recycled materials. Come learn how to make new crafts to take home and share with loved ones.</p>
<p>Dr. Jackie Lordo <i>Associate Professor of Music</i></p> 	<p>Dr. Lordo is an associate professor of music at Cottey College. She teaches brass lessons, music history, pedagogy, and basic conducting in addition to her duties as director of Wind Ensemble. She is a proud member of the P.E.O. Sisterhood and several professional music organizations.</p>
<h3>Learn to Swing Dance</h3>	
<p>Instructor: Claire Mills Class Type: studio/activity</p>	<p>Learn the basics of a style of partner dancing called East Coast Swing (also called Rock n' Roll dancing internationally). By the end of the class, students will develop enough mastery of</p>

<p>Level of Physical Activity: moderate activity Skill Level: beginners encouraged</p>	<p>the basic steps and introductory moves to participate in social swing dances.</p>
<p>Claire Mills <i>Assistant Professor of Philosophy</i></p> 	<p>Dr. Claire Mills is among our newest faculty, joining Cottey College's Philosophy Department in 2023. She earned her BA at Kalamazoo College before completing her Masters and PhD in Philosophy from the University of Georgia in 2022, defending a thesis on livestock rights. Her research interests are in the areas of political philosophy, writing pedagogy, and ethics. In her spare time she enjoys playing roller derby, as captain of the Kansas City Roller Warriors.</p>
<h2>Genealogy 101</h2>	
<p>Instructor: Chris Niles Class Type: presentation/discussion/activity Level of Physical Activity: N/A Skill Level: beginners encouraged</p>	<p>Ever been curious about your family history and ancestry? This is a great chance for beginners to see how easy it can be to get started and quickly access information from your past. Much of the focus will be on simple electronic research utilizing Ancestry.com along with basic information about in-person research and strategies. We will protect everyone's information privacy while utilizing free trial memberships to the site. We will also make sure that everyone who wants to close/cancel that before leaving campus has done so.</p>
<p>Chris Niles <i>Presidential Spouse</i></p> 	<p>Chris Niles is the husband of Cottey College's president, Dr. Stefanie Niles. Chris has built a career around leadership education and program development, working primarily in higher education along with consulting and training in the corporate arena. With a background in experiential programming and a passion for creativity, Chris has designed and delivered a wide range of innovative programs – from stand-alone workshops and intensive retreats to semester-long courses. Chris has worked on both large and small campuses and has served as a Director of First-Year Programs, an Assistant Dean of Academic Services, an adjunct instructor and, in his last campus-based position, as an MBA Director. He has been working for his fraternity, Tau</p>

	Kappa Epsilon, for 10 years and now serves as the Director of Alumni & Advancement. Chris completed a degree in business at the University of Vermont (his home state) and a master's in Student Affairs at Indiana University (where he and Stefanie were classmates). He enjoys geocaching and aquariums, and has done a bit of clowning. Chris has visited all 50 states and 9 Canadian provinces/territories along with five other countries.
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Emotional Mastery: Navigating Life with Resilience and Connection

Instructor: Tammy Ogren Class Type: discussion/activity Level of Physical Activity: low activity Skill Level: N/A	Learn the art of transforming emotions into catalysts for growth and resilience. Develop a toolkit to navigate the ebb and flow of feelings with grace and insight. Embark on a personal exploration to deepen your understanding of self. Foster self-awareness as the cornerstone of emotional intelligence, empowering you to navigate life's challenges with resilience. Gain insights into the fascinating world of neurobiology and emotions. Understand how the brain influences emotional responses and use this knowledge to optimize your emotional intelligence.
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Dr. Tammy Ogren


Associate Professor of Business-Management




Dr. Tammy Ogren, Ph.D. Business Administration, specialist Industrial/Organizational Psychology also holds an M.B.A. and a B.A. Management in Human Relations. Dr. Ogren teaches business courses at Cottey. She has served in executive leadership roles as well as started, owned, and sold a variety of businesses in her 30+ years of leading and growing companies. In addition, she has successfully mentored many business owners in turning their passion, skills, or expertise into a life that fits their personal values and vision. Her hobbies include riding a Harley, traveling, quilting, reading, and crafting.

Cup Stacking: Health Benefits Galore!

Instructor: Evan Belk Class Type: lecture/activity Level of Physical Activity: low activity Skill Level: beginners encouraged	Research shows cup stacking to be a means to improve health and quality of life. Using the right and left sides of the brain, participants cross the "midline" of their body which in turn promotes the development of new connections in the brain. Come improve your hand-eye
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	coordination, increase your mental focus, and reduce stress while working individually and as a team.
<p>Evan Belk <i>Assistant Basketball Coach & Athletics Operations Manager</i></p> 	
Fabric Finesse: Craft Your Own Note Card Artistry	
<p>Instructor: Kerry Tate Class Type: lecture/activity Level of Physical Activity: low activity Skill Level: beginners encouraged</p>	Join us in the "Fabric Finesse" workshop, where you'll unlock the power to craft stunning and memorable fabric note cards for every occasion. Immerse yourself in this artistic journey and walk away not only with personalized note cards but also with a newfound passion for fabric-based crafting.
<p>Kerry Tate <i>Vice-President of CCAA Board, Class of '86</i></p> 	Kerry Tate is a Cottey alumna, class of '86, and the Managing Director of the AccessAbility Resource Center at the University of Texas at Dallas. She is a distinguished figure in the field of disability services, with an impressive career spanning over 31 years. While Kerry is a powerhouse in the world of disability services and advocacy, there's a lighthearted side to her too, especially when it comes to her cherished days as a Cottey College alumna and serving as Vice President for Cottey College Alumnae Association. With her quick wit and infectious sense of humor, she could turn any campus gathering into a comedy show (with a touch of educational wisdom, of course). Kerry is a regular Vacation College attendee and is excited to be sharing her passion for crafts and the Instapot with you!
Leadership: Aging with Passion and Purpose	
Instructor: Maryann Mitts	Through activities and discussion, uncover the leadership dynamics of leading ourselves as

Class Type: lecture/discussion/activity Level of Physical Activity: low activity Skill Level: all levels welcome	aging women and carrying these qualities into our families, our communities, and our world.
<p>Dr. Maryann Mitts <i>Athletic Director and Head Basketball Coach</i></p> 	<p>Dr. Maryann Mitts is the Director of Athletics and Head Basketball Coach at Cottey, while also serving as an adjunct professor for the college.</p> <p>Dr. Mitts earned a PhD in Kinesiology from the University of Arkansas, master degrees in Pastoral Theology from the University of Loyola-New Orleans and High Education Administration from the University of Missouri-Kansas City, and a Bachelor's Degree in Secondary Education from Rockhurst University.</p> <p>She is certified in Basic Archery Instruction (BAI) and taught introductory archery classes at vacation college last summer. She has experience organizing state-wide archery competitions while a faculty member at Missouri Southern State University. A highly requested public speaker, Dr. Mitts has presented at local, regional, and national conferences on topics such as leadership, building corporate teams, sport and spirituality, and open book management concepts in higher education.</p>

Short Afternoon Classes B: 2:30 – 3:45 PM

Food Ethics

Instructor: Claire Mills Class Type: lecture/discussion Level of Physical Activity: Skill Level: N/A	Students will learn about the interconnected ways our food choices and the industries involved in the supply chain impact the world around us, and how to better align their dietary choices with their own ethical beliefs.
<p>Claire Mills <i>Assistant Professor of Philosophy</i></p>	<p>Dr. Claire Mills is among our newest faculty, joining Cottey College's Philosophy Department in 2023. She earned her BA at Kalamazoo College before completing her Masters and PhD in Philosophy from the University of Georgia in 2022, defending a thesis on livestock rights. Her research interests are in the areas of political philosophy, writing pedagogy, and ethics. In</p>

	<p>her spare time she enjoys playing roller derby, as captain of the Kansas City Roller Warriors.</p>
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Handbells

<p>Instructor: Jackie Lordo Class Type: studio/activity Level of Physical Activity: low to moderate activity – Students will need to be able to stand for at least an hour and lift handbells weighing up to 5lbs. Skill Level: all levels welcome</p>	<p>Calling all ringers! Come join our Handbell Ensemble for a week. Students will learn basic handbell ringing techniques as we learn two pieces of music to perform during Vacation College. Students do NOT need to have previous experience or be able to read music. I will teach you! All levels are welcome. We will also learn a few advanced techniques, such as shake, martellato, pluck, echo, tower swing, gyro, etc.</p>
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Dr. Jackie Lordo

Associate Professor of Music



Dr. Lordo is an associate professor of music at Cottey College. She teaches brass lessons, music history, pedagogy, and basic conducting in addition to her duties as director of Wind Ensemble. She is a proud member of the P.E.O. Sisterhood and several professional music organizations.

Oenology 101: Introduction to Wine Tasting

<p>Instructor: Heather English Class Type: lecture/discussion/activity Level of Physical Activity: low activity Skill Level: all levels welcome</p>	<p>“One not only drinks wine, one smells it, observes it, tastes it, sips it, and one talks about it” – King Edward VII Do you enjoy drinking wine with friends and family? Have you ever wanted to know more about wine, winemaking, or how to pair wine with different foods? This course will cover introductory essentials of educated wine tasting, including the basic steps of tasting, the importance of olfactory memory, the history of world winemaking regions and the process of</p>
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	winemaking, pairing wines with different meals, and cooking with wine. A practical approach will be taken in this course—be prepared to taste several different wines in each class session!
<p>Heather English <i>Student Disability Support and Student Success Coordinator</i></p> 	<p>As an alumna of Cottey College, Heather English took the song C-C-C-Cottey to heart (if you get good grades, they'll send you to Paris) and moved to France to complete her BA in History and Social Sciences with a concentration in Gender Studies at the American University of Paris. While there, she also attended the Cordon Bleu Academy and earned a certificate in Oenology. Heather returned to the States to work for three years as the sommelier in her family's wine shop tasting room. Although she no longer works in the wine industry, Heather continues to enjoy tasting wines on her travels, both around the world and close to home here in Nevada, where she currently serves as Cottey's Disability Support Services and Student Success Coordinator.</p>
We Have Spirit, Yes We Do! (It's 5 o'clock somewhere!)	
<p>Instructor: Julie Tietz Class Type: lecture/discussion/activity Level of Physical Activity: N/A Skill Level: beginners encouraged</p>	<p>What was the Whiskey Rebellion? What is the difference between tequila and mezcal? In this class we will learn about and reflect on the history and sociocultural context of 4 different spirits: rum, gin, tequila, and whisk(e)y, as well as the different types of each (e.g. dry gin botanical gin, etc.) We will also learn about tips for how best to enjoy these liquors, including both classic and contemporary cocktails. Each day we will sample one of the four liquors, both straight and/or in cocktail form. Participants will come away with a better understanding of these liquors and their role in history as well as a collection of cocktail recipes.</p>
<p>Dr. Julie Tietz <i>Professor of Psychology</i></p>	<p>Dr. Julie Tietz, Professor of Psychology, received her B.A. from Rice University and her M.A. and Ph.D. from Texas Tech University. She teaches courses on developmental psychology, gender, sexuality, positive psychology, and sports psychology. Although she and her husband, Greg, have no formal training regarding alcohol, they enjoy exploring different types of spirits and look forward to sharing their experiences with you.</p>



Field Trip Time: Nevada Businesses

Instructor: Chris Niles
Class Type: discussion/activity
Level of Physical Activity: low to moderate activity
Skill Level: N/A

Learn more about what else is in Nevada along with Cottey College. Enjoy the opportunity to get off campus for a bit and do a different tour each afternoon at one of Nevada's larger employers. Visits will include the 3M plant, Peerless Windows and Doors, Platinum Aerostructures, and the historic tin roof operations at W.H. Norman.

Chris Niles
Presidential Spouse



Chris Niles is the husband of Cottey College's president, Dr. Stefanie Niles. Chris has built a career around leadership education and program development, working primarily in higher education along with consulting and training in the corporate arena. With a background in experiential programming and a passion for creativity, Chris has designed and delivered a wide range of innovative programs – from stand-alone workshops and intensive retreats to semester-long courses. Chris has worked on both large and small campuses and has served as a Director of First-Year Programs, an Assistant Dean of Academic Services, an adjunct instructor and, in his last campus-based position, as an MBA Director. He has been working for his fraternity, Tau Kappa Epsilon, for 10 years and now serves as the Director of Alumni & Advancement. Chris completed a degree in business at the University of Vermont (his home state) and a master's in Student Affairs at Indiana University (where he and Stefanie were classmates). He enjoys geocaching and aquariums, and has done a bit of clowning. Chris has visited all 50 states and 9 Canadian provinces/territories along with five other countries.

Numeration Nation

Instructor: Jorge Dioses
Class Type: lecture/activity
Level of Physical Activity: low activity
Skill Level: all levels welcome

This course is all about exploring the playful side of mathematics, investigating math in popular culture, and having fun learning basic math facts and functions using logic puzzles, math riddles, fractals, and number tricks. There's more to math and numbers than you imagine! Come and explore the unique ways mathematics surface in our day-to-day lives. And, above all, no one is leaving this class without taking a little bit of math humor back home!

Dr. Jorge Dioses
Associate Professor of Mathematics




Dr. Jorge Dioses was born in Lima, Peru. He earned a B.S. in mathematics at Pontifical Catholic University of Peru and a Ph.D. in mathematics at Oklahoma State University. He has been teaching at Cottey College since 2012. He has taught every math course offered at Cottey: college algebra, statistics, calculus 1-3, differential equations. His main academic interest is number theory, and he is a member of the Mathematical Association of America and the American Mathematical Society.

Instapot 101: Don't Be a Chicken, Join the Pot Party

Instructor: Kerry Tate
Class Type: presentation/activity
Level of Physical Activity: N/A
Skill Level: all levels welcome

Are you intrigued by the magic of Instant Pot (Instapot) but find it a tad intimidating? Fear not, as this course is designed to transform you into an Instapot aficionado! In this fun and hands-on class, we'll teach you to confidently navigate those buttons and functions, unlocking the full potential of your Instapot. We won't stop there! We'll delve into mouthwatering recipes that cover everything from everyday dishes to culinary delights. Discover the art of creating meals that will have your friends and family singing your culinary praises. From soups to stews, from perfectly boiled eggs to unexpected one-pot wonders (yes, even the kitchen sink), you'll learn how to utilize your Instapot to its fullest extent. Using both your Instapot and crockpot can be your secret weapon for stress-free,

	delicious meals. No more dreading the kitchen; we'll show you how to make cooking a breeze.
<p>Kerry Tate <i>Vice-President of CCAA Board, Class of '86</i></p> 	<p>Kerry Tate is a Cottey alumna, class of '86, and the Managing Director of the AccessAbility Resource Center at the University of Texas at Dallas. She is a distinguished figure in the field of disability services, with an impressive career spanning over 31 years. While Kerry is a powerhouse in the world of disability services and advocacy, there's a lighthearted side to her too, especially when it comes to her cherished days as a Cottey College alumna and serving as Vice President for Cottey College Alumnae Association. With her quick wit and infectious sense of humor, she could turn any campus gathering into a comedy show (with a touch of educational wisdom, of course). Kerry is a regular Vacation College attendee and is excited to be sharing her passion for art and the Instapot with you!</p>